



4 - Juneau
school visit



8- Awareness 5K

Brief Notes

Sasebo Soundings will not be published for the weeks of Dec. 25 and Jan. 1. The next issue will be available Jan. 8.

Phase one of the Main Base road pavement replacement project is in progress.

Paving work this week is being performed on **South Carolina Avenue between the Post Office and the NEX Uniform Shop**. This construction area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

The contractor will not perform any work next week and through the New Year Holiday.

Please be attentive to the directions given by the flagmen and follow safe driving practices.

For further information regarding this paving work, contact ROICC at 252-3469.

A soccer game and soccer team tryouts will be held at Nimitz Park on Sunday, Dec. 19 at 10 a.m., with the future goal of forming a 2005 CFAS team. For more information, contact JO1(SW) Inman at 090-2512-1841, or MA3 Elmoutawakel at 080-5250-6347.

The Fleet & Family Support Center is offering a **Babysitter's Certification Class** Tuesday, Dec. 28 from 10 a.m. until 3 p.m. at the FFSC for children 12 years old and older. **This class is required if you wish to babysit for others or you own siblings.** Call 252-3108/3604 for more information.

USO Notes:

We are looking for a **volunteer coordinator** for our English outreach to Gion Elementary School. Contact DJ Stanhope at 090-3012-5867 for more details.

Weather

The CFAS Weather Office is predicting a series of polar surges, resulting in lower temperatures, beginning Christmas Eve and lasting into early January. For more information, call 252-2240.

Sunday AM rainshowers
H 63° L 44°
Monday Mostly cloudy
H 55° L 41°

DUI Counter: 41 days as of Dec. 18

NEX holds grand opening of new Mini Mart

Lara Deguzman
CFAS Public Affairs

The grand opening of the new Navy Exchange (NEX) Mini Mart was held Wednesday, Dec. 15. The new facility is located at the location of the old Auto Port, and incorporates it into the new structure.

The new Mini Mart provides a larger store and increased selection of merchandise and enhanced convenience by giving customers access to both facilities at one location.

"The new Mini Mart is more of a one-stop shop with longer hours for the gas station. This will give customers the opportunity to get what they need and at the same time get gas," said Sandra Franklin, NEX general manager.

The new hours are 7 a.m. - 9 p.m. for both the Mini Mart and gas station. Some of the conveniences the gas station provides are a newly-installed car wash, two new vacuum cleaners and tire rack.

A walk-in chill box has also been installed to keep customers' beverages cold. Franklin said the new facility cost



The Naval Exchange General Manager (left) and the Commander, Fleet Activities Sasebo (CFAS) (second from right) cut the ribbon with Japanese contracting officials at the grand opening. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

approximately \$2 million dollars.

Seabees from the CFAS Self Help Division assisted in construction by erecting the gas station's concrete pad.

Projects scheduled to begin in 2005 include a \$13 million dollar Main Exchange, a Subway franchise and renovations to Hario's Home Store.

Port Ops Association hosts children's home visit

GM3(SW) Michael J. Braun
CFAS Public Affairs

The Fleet Activities Sasebo (CFAS) Port Operations Association gave a special gift to a group of children from Taiyo Ryo Children's Home Dec. 12, when they invited them for a tour of the base and helped to make their Christmas dreams come true.

As most of us are frantically shopping for our loved ones and family members, making sure we have a gift for everyone on our list, or wondering what we are going to get this Christmas ourselves, one Sasebo-based organization decided to think about those in the local community who may often be forgotten. CFAS' Port Operations Association has hosted an annual Christmas Party for Taiyo-Ryo for the past several years, and this year was no exception. Every year the Port Operations Association receives a

Christmas wish list from the kids at the home for anywhere from 50-60 kids. Port Operations personnel take the list and begin shopping as early as two weeks prior to their visit. Quartermaster Second Class Israel Sherman said, "We decided to do this as an outreach to the less fortunate children who don't have the chance to experience the Christmas

holiday season as other more fortunate families do."

The day started off with a tour of CFAS' facilities and an inside look at Port Operations where the children had a

was somewhat difficult; it was spent setting up but was well worth it when the children saw the tree with all the lights lit up, the food ready and all the gifts waiting for them."

The meal consisted of baked turkey, stuffing, mashed potatoes, assorted vegetables and hot apple pie and chocolate chip cookies for dessert.

"Events like this help to strengthen the bond between the American and Japanese community and gives them a positive view of Americans," said Hull Technician Second Class Erick Sprague, Port Operations Association president. "It's nice for the children to be able to come here and see how Americans celebrate Christmas, we want to show them a side of Christmas other than the commercial side."

After the meal the children gathered around

the tree to receive their gifts, which ranged from soccer balls and baseball gloves to Nike sneakers and the ever-so-popular 'Harry Potter' complete book set. Hayato Nakayama, a 7-year-old boy, said, "I enjoyed the meal very much, especially the salad. The gift I got was exactly what I wanted and I am very happy."



Children from the Taiyo-Ryo children's home enjoy a Christmas meal at Hario Village's pavillion Dec. 12. After eating, the children opened gifts given to them by Sasebo's Port Ops Association, which sponsored the event. The children then sang Christmas carols in Japanese for their hosts. (Photo by BMI(SW) Roy Delosreyes)

chance to see the boats and ask Port Operations personnel questions. A ride to Hario Housing's pavillion followed, and everyone sat down to eat a home-cooked Christmas meal provided by the association and their family members. When asked how difficult preparing the meal was, Boatswain's Mate First Class David Huntington said, "The prep time

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Task Force Uniform announces E-1 through E-6 service uniform concepts

Master Chief Petty Officer of the Navy
Public Affairs

Task Force Uniform (TFU) introduced a set of service uniform concepts for Sailors E-6 and below Dec. 8, in response to the fleet’s feedback on current uniforms. The new uniforms, which will begin wear-testing this winter, were unveiled at Naval Medical Center San Diego at an All Hands call with CNO-directed Command Master Chief (SS) Robert B. Carroll, director of Task Force Uniform.

The service uniform concepts will offer a choice between two different color and fabric shirts (khaki or gray and poly/wool blends) with Navy blue trousers.

The uniform is being designed to replace summer white, winter blue and tropical white, consolidating them into one year-round service uniform for E-6 and below. Service dress uniforms, such as “cracker jacks,” and service dress white jumpers will not be affected by this wear test.

Carroll said the concepts are only the

initial version of what the service uniform may ultimately look like. TFU is introducing a set of concept uniforms to assist in deciding exactly what uniforms Sailors will be wearing.

“We are asking Sailors to review what we have designed and provide us feedback on a variety of different aspects of the uniform design of what we are calling the service blue uniform,” said Carroll. “It’s important for everyone to understand that we are not talking about service dress uniforms here. These concepts, if approved, will replace the summer whites and winter blues that E-6 and below currently are wearing in shore staff/office environments.”

“We’re not changing the uniforms for the sake of change,” said Carroll. “We’re doing this because Sailors in the fleet indicated (during the 2003 fleetwide uniform survey) this is something that needs to happen.”

The TFU initiative began after Sailors in the fleet expressed their concerns about the current status of Navy uniforms. In response to those fleet concerns, Chief of Naval Operations (CNO) Adm. Vern Clark determined there should be an evaluation of the uniform requirements.

Upon completion of a Navywide survey last year, TFU went to work on interpreting more than 40,000 surveys with the help of an organizational psychologist to determine what Sailors desired.

The survey found that Sailors E-6 and below were the least satisfied group in the Navy with their current service uniforms.

Some dissatisfaction factors expressed included the impracticality of white uniforms, unflattering and non-functional designs, lacking a professional appearance in comparison to other services and seasonal change requirements.



Sailors model the new service uniform concepts for male and female Sailors, E-6 and below. The new uniforms will begin wear testing this winter. (Released by CFAS Public Affairs)

“For example, the problem that Sailors found was that if they brush up against anything that is not entirely clean, they end up with a very noticeable mark on their whites,” said Carroll. “And a stain of any size or color on a pair of whites renders them useless.”

With the CNO’s approval for a wear test, the Navy is working to provide as many possible options and solution for Sailors to choose from during the wear-test period. Among the options will be:

- Grey versus khaki short-sleeved shirt
- Sewn-in military creases vs. pressed creases
- Rating badge versus collar device
- Dry clean versus wash and wear
- Open or closed-face belt buckles for males
- Over blouse design for females
- Redesigned beltless skirts with kick

- pleats for females
- Redesigned beltless slacks for females
- Reinforced garrison caps (two styles)

The Navy will keep the Navy blue trousers and optional skirts that look similar to the winter blue uniform, but will improve the

fabric and design. One of the most noticeable differences will be the contrast between the male and female uniforms.

For females, both the slacks and optional skirts will be beltless, and the khaki or grey top will be an over-blouse design. For males, the uniform will be of similar style to the current winter blue and summer white uniform, but with improved fabric quality.

Both shirts will be tested for their balance between comfort and

Please see *Uniforms...* page 6

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
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Safety Corner: Holiday greetings from the Safety department

Charles Carr
CFAS Safety Dept.

Each year we enter the Holiday Season full of the spirit of Old Saint Nick.

Unfortunately, some tend to party too much and have just too much fun.

As responsible individuals, we would never think that our fun was dependent on lots of alcohol or that we would use alcohol as an excuse for our misbehavior.

I’m asking each person in the Sasebo community to act responsibly and take charge.

If you have a party, tell people who are going to drink alcohol that no cars are allowed, and that if they drive, they will have to make sure they have another way home because even one drink is too much

to ensure a safe drive home. If you’re senior in rank, “act it.” Take charge to ensure people do not drink and drive. In addition, make sure they do not over indulge because this can make people act

in ways that they cannot handle and cause them to do stupid things. MWR offers a great Designated Driver program. Use it, and take advantage of the freebies. Again, alcohol is not an excuse for

misbehavior!

Managers and supervisors, this is also a special time for your employees who may be thinking of the holidays and not the job at hand.

Take that extra five minutes for a safety talk before work to discuss workplace

safety.

At the end of the day, tell your people you’re concerned about their safety after hours, and that safety doesn’t stop at the gate.

The Safety Department is here for you, and yes, we want YOU to return to work ready to face the challenges that lay ahead in the New Year. Merry Christmas and a Happy New Year.

NAVY
PFM
Personal Financial Management
BUILD YOUR DREAMS

FFSC offers the following Financial Classes and Services:

- ☑ Checking Account Management
- ☑ Credit Management
- ☑ TSP Program Awareness
- ☑ Car Buying Strategies
- ☑ Home Buying Workshop
- ☑ Savings & Investment Workshop
- ☑ Kids Financial Planning Workshop
- ☑ Command Financial Specialists Training
- ☑ Individual Financial Counseling

For more information on FFSC's financial classes and services, call 252-3604/3121.

The Education Center

Command Spotlight: Patrol Division

JO1(SW) Ron Inman
CFAS Public Affairs

Aboard Fleet Activities Sasebo (CFAS), Security Department’s Patrol Division protects and serves the local community twenty-four hours a day, seven days a week.

According to Senior Chief Master-At-Arms Glen Holbrook, Security Operations Leading Chief Petty Officer, the division is responsible for providing a wide variety of assistance to personnel at CFAS facilities on a daily basis.

“CFAS is a small city, and we’re the local police force,” Holbrook said. “We enforce rules and regulations, conduct traffic control, respond to any emergencies on base and also conduct bike patrols. Patrol never stops.”

According to Holbrook, Patrol is also responsible for the physical security, or force protection, of CFAS and its outlying facilities.

The responsibilities of a Security patrolman are many, and they can be involved in any number of situations on a daily basis that require a knowledgeable, calm and confident response – people are looking to them for answers, and help, in situations that aren’t always positive.

Our main goal is to ensure we keep the community

safe and give them quality service,” Holbrook emphasized. “Many people don’t realize – every time [security patrolmen] respond, people act differently. You may be giving someone a traffic ticket, and they don’t appreciate it. You have to have a thick skin to work in Patrol – sometimes people will take out their frustrations on you, since you’re the first to respond.

“But we’re not out there giving tickets and getting involved in negative situations because we enjoy it – we’re doing it because it makes our community a safer place to work and live.”

Training and qualifications for Navy Master-At-Arms (MA) personnel is a continuous process. After completing their basic training at Lackland Air Force Base, Texas, and reporting to Sasebo, Security personnel attend a Patrol Academy course here prior to hitting Sasebo’s streets. Even then, their training continues with job-specific training and frequent qualifications they must maintain in order to conduct patrols.

Holbrook listed some of the topics Patrol personnel train on year-round – crisis intervention, juvenile offenses, public relations, crime prevention, the Uniform Code of Military Justice and crowd control.

“We’re here to serve the public,” Holbrook concluded. Our job is to keep them safe and keep the base secure.”

Visit...from pg. 1

After opening their gifts, the children showed their gratitude to their hosts by singing Christmas carols in Japanese. Miharū Karatsu, director of operations for Taiyō-Ryō, said, “We are all thankful for what you have done today and if possible we would like the chance to come and visit more often. All the children had a wonderful time and need this type of opportunity since many of them don’t have families.”

Taiyō Ryō consists of 63 children from Nagasaki prefecture who go to the home for a number of reasons, from being abandoned by their parents to family financial problems, or in some cases, parents unable to care for

them due to extremely busy work schedules, with both parents working several jobs. In such cases, the parents pay a fee to the home for full-time care.

After the party Boatswain’s Mate Senior Chief Jeffery Dickerson, Deck Division Officer/Leading Chief Petty Officer said, “The Christmas party was a really nice time, not only for the children but for us as well. Opportunities like these make you stop for a second and give thanks for all we have. Watching those children enjoy a turkey dinner and seeing all the smiles when they opened their presents will leave a lasting impression in all our hearts for a long time. Being able to do something for the children does us as much good as it does them.”

ONE FREE MOVIE!

with the new MWR

CINE-PASS

ADULT CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

CHILD CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass

available for purchase at:

- Showboat Theater
- Hario Theater
- Travel & Tours Office

Great Gift Giving Idea!

1. All sales are final. No refunds.

2. Lost cards will not be replaced.

3. This card can be used for multiple admissions.

4. A child's CINE-PASS CANNOT be used for an adult's admission.

5. Admission is based upon seating availability.

6. Any card that has been manipulated, defaced or is deemed illegible will not be accepted.

7. This card has no expiration date.

8. No backpacks, strollers, scooters, skateboards or skates are allowed in the theater.

9. No outside food or beverages allowed.

10. CINE-PASS is for use at the Showboat & Village Theater.

For more information, call 252-2986

A Note from the Staff Judge Advocate's Office

Private Organization Audits due Feb. 10

- per CFASINST 5760.1E, each private organization is responsible for submitting an annual audit to the Staff Judge Advocate's (SJA) Office by Feb. 10, along with a yearly schedule of planned events, an updated list of officers and a point of contact for the organization. If an organization was dissolved in 2004, SJA must be informed. Send correspondence to: PSC 476 Box 60 FPO AP 96322 Attn: LN2(SW) Thaggard For more information, contact LN2 (SW) Thaggard at 252-3385 or send e-mail to: <stephen.thaggard@sasebo.navy.mil>

Profile: MA3



Security Patrolman

Hometown...Boyceville, Wisconsin

What is your favorite thing about Sasebo?

The people. They are so generous and accepting. Because of that, I have had awesome experiences in Sasebo.

What hobbies do you have?

I love to read, decorate, rollerblade, go camping and go on road trips with my fiance.

Who do you consider to be your role model?

My older sister Bobbi. She lives an outstanding life and got it all by working as hard as she could in life. She put herself through college and every day excels more and more in her career.

What are your personal goals?

To make MA2 in March. I want to continue my college education when I get out of the Navy and would like to continue with a career in Child Services.

What motivates you?

If there is something that I want to do but I am not sure I can, nothing motivates me more than my fiance's support.

What do people not know about you?

That I lived in Alaska for two years and I'm scared of heights.

What is the one thing you can't stand?

People that can't get their own personality and spend their whole lives trying to impress everyone else.

What is your most embarrassing moment?

When I was in high school it snowed really bad and the snow plow went down our road that day and had blocked our driveway with snow. Well, I seemed to think that I could get my rusty '89 LaBaron through anyway. Needless to say, right as the bus drove by with all my friends from school on it, my little sister and I were trying to push my car out of the snowpile.

What is your favorite movie?

I loved Little Nemo! Dorey Rocks!

If you could have dinner with three people, living or dead, who would they be?

Definitely my two Grandfathers and probably Elvis Presley

USS Essex Strike Group changes flagships, demonstrates interoperability

Lt. Ed Sisk
Commander, Amphibious Group One
Public Affairs

Amphibious Squadron 11 (PHIBRON 11) changed their flagship from USS Essex to USS Harpers Ferry (LSD 49) and back, Nov. 22 to Dec. 2, allowing Essex to conduct a ten-day port visit and transit to Jebel Ali, United Arab Emirates. PHIBRON 11 staff exercises command and control of Maritime Interception Operations (MIO) and Maritime Security Operations (MSO), including protection of Al Basrah Oil Terminal (ABOT), Khawr Al Amaya Oil Terminal (KAAOT) in the North Arabian Gulf (NAG).

The transfer of flagship duties from Essex to Harpers Ferry went very smooth," said Lt. Baker, PHIBRON 11 logistics officer. "The challenge was maintaining the connectivity and overall situational awareness during the transition from Essex to Harpers Ferry and back." The PHIBRON 11 staff has resumed MIO and MSO

operations in the North Arabian Gulf aboard Essex Dec. 3. This clearly demonstrates not only the flexibility



Essex Amphibious Ready Group (ARG) is comprised of USS Essex (LHD 2), USS Harpers Ferry (LSD 49) and USS Juneau (LDP 10). (Released by CFAS Public Affairs)

and adaptability of the ships in the Essex Expeditionary Strike Group, but also speaks volumes about the high

caliber of Sailors and Marines we have in the forward deployed naval force that made this happen without missing a step," said Commodore Mark Donahue, Commander, PHIBRON 11.

Harpers Ferry Commanding Officer, Cmdr. Burt Quintanilla II, said that his ship was more than ready to take on the added responsibilities of being the flagship.

As the Afloat Forward Staging Base (AFSB) in the NAG, we are the combat logistic hub for local forces, both afloat and embarked," he said. The Harpers Ferry was ideal to serve as the flagship while the Essex made its port visit," he added. Commander, Amphibious Squadron Eleven, along with Essex, Harpers Ferry, and USS Juneau (LDP 10) are homeported in Sasebo, Japan, and they are part of Essex Amphibious Ready Group operating in the NAG, along with other coalition forces, in support of the sovereign country of Iraq.

Juneau Sailors bring sunshine to children’s school in Seychelles Islands

PC1 Nathaniel Pleasantbey
USS Juneau (LPD 10) Public Affairs

USS Juneau (LPD 10) Sailors participated in a community relations project Nov. 13 at La Rosiere School in the Seychelles Islands.

The school is a large children’s education center, housing more than 1,100 children and staffed by 100 teachers and assistants.

Lt. Steven D. Fisher, Juneau’s chaplain, said Juneau Sailors were eager to help out the school and children.

Juneau Sailors, armed with paintbrushes and litterbags, dedicated their time and a little elbow grease, revitalizing the 50-year-old school building.

"I could have been out with my friends on the beach, but instead I wanted to do something good and a bit more rewarding during my time here," said Aerographer’s Mate 1st Class (SW/AW) Denie Kiger, Juneau’s weather forecaster.

"This building was, I believe, over 50 years old and in pretty bad shape. The students weren’t there, so it was up to us and the staff to clean and paint the school."

"It was nice to see the smiles on their faces after we were done," he added.

Information Systems Technician Second Class (SW) Otis Friday, Juneau’s automated data processor, said he felt good helping the school and that he would do it again whenever there’s an opportunity.

"We had a great time," added Ship’s Serviceman Seaman Eric Deguzman. "It was a lot of work, but I think that we really made a positive difference."

Juneau is forward deployed to Sasebo, Japan, and is part of the USS Essex (LHD 2) Amphibious Ready Group (ARG).

The Essex ARG is currently operating in the Persian Gulf with coalition forces in support of the sovereign government of Iraq.



Sailors from USS Juneau (LPD 10) volunteered for the La Rosiere School community relations project during their port visit in the Seychelles Islands. (Released by CFAS Public Affairs)

Single Sailor Party Dec. 23



The Sasebo Wardroom Association, Navy League Sasebo Council, the Officer’s Spouse Club, USO and MWR are sponsoring a single/unaccompanied Sailor Party!

When - Thursday, Dec. 23, 6 p.m. - 12 a.m.

Where - Spare Time Bowling Alley

What -




- o Free bowling shoe rental and open free bowling
- o All arcade type game machines will be set on Free Play (with exception of the slots!)
- o Pool tables will be available for no charge
- o The video jukebox will be on free play
- o MWR prepared foods will all be free
- o Sodas all free
- o Great door prizes
- o Other events and activities which a Single Sailor staffed Party Committee will put together to better match the sensibilities of our Single Sailors
- o At the pavilion outside the bowling alley there will be an array

Contemplating on your next duty station?


Come visit the FFSC Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.



For more information call 252-3604/3101.



The Spare Time Recreation Center will host a holiday "Bowling With Santa 9-Pin No Tap Bowling Tournament" for children on Saturday, Dec. 18 starting at 2 p.m. Age divisions for the three-game tournament are 5 and under, 6-10, 11-12 and 13-18. Prizes will be presented to winners of each division. The entry fee is \$10 per person. Kids will also get to meet Santa and enjoy holiday goodies. The tournament will consist of four games of bowling. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Norman Foot will present his unique Children's Show at Village Theater, Tuesday, Dec. 21 at 6:30 p.m. The free show features singing and dancing, free lucky drawings and a visit from Santa. For more information, call 252-3472.

The Monster Bingo event on Wednesday, Dec. 22 is your last chance to play Bingo at the Harbor View Club this year. Doors open at 5 p.m., but caller 'Daddy Mike' won't pull the first number until 6 p.m. Advance tickets are on sale at the Harbor View Club cash cage up until 24 hours prior to game time for \$35. Players without advance tickets will be charged \$40 at the door. For more information, call 252-3965.

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Friday, Dec. 24. Space World is a great theme park focused on space. They have a wide variety of exciting rides to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under.

Reservations are strongly recommended for the special all-you-can-eat Holiday Brunch at the Harbor View Club on Saturday, Dec. 25 from 11 a.m. until 6 p.m. The sumptuous feast is \$15.95 for adults and \$6.95 for children ages 4-10. The brunch is free for youngsters 3 and under. Santa Claus is scheduled to make an appearance, so be sure to bring your camera. For more information, call 252-3756.

The Travel & Tours Office has made arrangements for another "Tour de Sasebo" excursion on Sunday, Dec. 26. Price for adults is \$18, children 6-15 \$12 and youngsters 5 and under \$7. Fees include transportation, escort and all entrance fees. You'll visit the Municipal Pier, Fukuishi Kannon, Mama-san Street, Hachiman Shrine, Megane-Iwa (Spectacles Rock), Mt. Yumihari (Observatory), Kaioh (55-minute pirate ship ride) and the Sakai Pearl Sea Resort Museum and Aquarium. The bus will depart the Hario Community Center at 7 a.m. and the Harbor View Club at 7:45 a.m., returning to the Harbor View Club at 4:30 p.m. and the Hario Community Center at 5 p.m. Bring extra yen and be sure to dress for the weather. For more information, call 252-3433.

Single and unaccompanied military members are encouraged to register now for the Tenzan Day Ski Trip scheduled for Sunday, Dec. 26. The bus will depart the Fleet Locker at 3 p.m. and is scheduled to return to base at 10 p.m. Cost is only \$60 per person, including rental gear and transportation. For more information, call 252-3756.

All commands are cordially invited to participate in a new CFAS Bowling League now being organized at the Spare Time Recreation Bowling Center. The new league will run for 16 weeks beginning in February 2005. Cost is \$10 per week per bowler. The first meeting is scheduled for Wednesday, Feb. 2 at the Bowling Center. All interested bowlers are encouraged to attend, as league officials will be elected and by-laws drafted. Interested bowlers must register to join the CFAS Bowling League at the Spare Time Recreation Bowling Center in Bldg. 91 prior to Monday, Jan. 31. For more information, call 252-3646.

Even those who have lived and worked around Americans for many years, while they may exhibit brilliant bursts and brief periods of non-conformity, in their hearts and minds, and in a majority of their actions, especially with fellow Japanese, they will revert to life's script – because that is the way it is really supposed to be.



FFSC Supervisory Programs Manger

Schedule for December 17-26

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule is subject to change without notice

FRIDAY, DECEMBER 17	SATURDAY, DECEMBER 18	SUNDAY, DECEMBER 19	MONDAY, DECEMBER 20	TUESDAY, DECEMBER 21	WEDNESDAY, DECEMBER 22	THURSDAY, DECEMBER 23	FRIDAY, DECEMBER 24	SATURDAY, DECEMBER 25	SUNDAY, DECEMBER 26
5 p.m. eps The Incredibles 7:30 p.m. eps *The Grudge 9:30 p.m. eps *Alfie	2 p.m. eps The SpongeBob SquarePants Movie 5 p.m. eps Surviving Christmas 7:30 p.m. eps The Grudge 9:30 p.m. eps Alfie	2 p.m. eps National Treasure 5:30 p.m. eps Taxi 8:30 p.m. eps The Grudge	6 p.m. eps Raise Your Voice 8:30 p.m. eps Team America: World Police	6:30 p.m. eps The Grudge 8:30 p.m. eps Friday Night Light 10:30 p.m. eps Alfie	2 p.m. eps First Daughter 5:30 p.m. eps The Forgotten 8:30 p.m. eps Alfie	6 p.m. eps The Grudge 8:30 p.m. eps Team America: World Police	5 p.m. eps National Treasure 10 p.m. eps *Ocean's Twelve	2 p.m. eps Polar Express 5 p.m. eps Surviving Christmas <i>Merry Christmas!</i>	2 p.m. eps National Treasure 5:30 p.m. eps The Grudge 8:30 p.m. eps Ocean's Twelve

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, DECEMBER 17	SATURDAY, DECEMBER 18	SUNDAY, DECEMBER 19	MONDAY, DECEMBER 20	TUESDAY, DECEMBER 21	WEDNESDAY, DECEMBER 22	THURSDAY, DECEMBER 23	FRIDAY, DECEMBER 24	SATURDAY, DECEMBER 25	SUNDAY, DECEMBER 26
6:30 p.m. eps Surviving Christmas 9 p.m. eps Team America: World Police	2 p.m. eps The Incredibles 6:30 p.m. eps Friday Night Light 9 p.m. eps Team America: World Police	2 p.m. eps Shark Tale 6:30 p.m. eps The Forgotten	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	2 p.m. eps Raise Your Voice 5:30 p.m. eps The Forgotten No scooters, skateboards, wheelies or backflips allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	2 p.m. eps Polar Express 6:30 p.m. eps Alfie

OCEAN'S TWELVE (PG-13)
Starring: George Clooney, Julia Roberts, Matt Damon, Brad Pitt and Catherine Zeta-Jones
 Danny Ocean and the rest of a band of thieves team up for another heist hotel. This time they're in three different locations-Rome, Paris and Amsterdam. In Amsterdam, the prize is Rembrandt's "The Nightwatcher" painting, which resides at the Rijksmuseum.

THE INCREDIBLES (PG)
Starring: Craig T. Nelson, Holly Hunter, Samuel L. Jackson and Jason Lee
 A dysfunctional family of undercover super heroes (struggling to live a quiet suburban life) are forced into action to save the world.

THE SPONGEBOB SQUAREPANTS MOVIE (PG)
Starring: Tom Kaula, Rodger Bumpass, Alec Baldwin, Bill Fagerbakke and Carolyn Lawrence
 SpongeBob SquarePants is an optimistic, free-spirited sponge that lives in a rectangular shape-much like a kitchen sponge and lives at the bottom of the sea in a pineapple.

TEAM AMERICA: WORLD POLICE (R)
Starring: Trey Parker, Matt Stone, Kristen Miller, Vanessa and Ocean/Noir
 Team America is a group of superhero-style adventurers who travel the world fighting terrorists and other evils. The story focuses on a special mission as a satire of the typical Hollywood action movie, using a combination of wood marionette-driven action sequences and stirring tongue-in-cheek musical numbers.

SURVIVING CHRISTMAS (PG-13)
Starring: Ben Affleck, Christina Applegate, James Gandolfini, Catherine O'Hara and Jeremy Marston
 A rich record executive, stuck with spending Christmas alone, decides to return to the one place where he was once happiest-his childhood home. He asks the family that lives there now to take him in for their holiday celebrations. He discovers that his new "family" is even more dysfunctional than his real kin.

Premiere Feature

ALFIE (R)

Starring: Jude Law,
Sienna Miller, Susan Sarandon,
Marisa Tomei and Omar Epps
Genre: Comedy and Drama

A worshipping British playboy in New York City finds that there are serious consequences to his carefree lifestyle.





Celebrating seven days of unity with Kwanzaa Dec. 26 - Jan 1

OS2 Kelly D. Carlisle
Special to Sasebo Soundings

Kwanzaa is an African American and Pan-African holiday, celebrating family, community and culture. Celebrated from Sunday, Dec. 26 - Saturday, Jan. 1, its origins date back to the first harvest celebrations of Africa where it takes its name.

The name Kwanzaa is derived from the phrase “matunda ya kwanza” which means “first fruits” in Swahili, a Pan-African language which is the most widely spoken African language. The holiday was created to serve as a celebration to reaffirm and reinforce the bonds between African Americans as a people. It was designed to strengthen community and affirm common identity, purpose and direction as a people, and a world community.

Kwanzaa was created to introduce and reinforce the Nguzo Saba (the Seven Principles.) These seven communitarian African values are:

Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith).

The Nguzo Saba is an emphasis on the importance of African values in general, stressing family, community and culture, and speak to the best of what it means to be African and human in the fullest sense. Kwanzaa was conceived as a fundamental and important way to introduce and reinforce these values and cultivate appreciation for them.

Kwanzaa has seven basic symbols and two supplemental ones. Each represent values and concepts reflective of African culture and contribute to community building and reinforcement. The basic symbols in Swahili and their english translations are as follows:

Mazao (The Crops): These are symbolic of African harvest celebrations

and of the rewards of productive and collective labor.

Mkeka (The Mat): This is symbolic of our tradition and history and therefore, the foundation on which we build.

Kinara (The Candle Holder): This is symbolic of our roots, our parent people — continental Africans.

Muhindi (The Corn): This is symbolic of our children and our future which they embody.

Mishumaa Saba (The Seven Candles): These are symbolic of the Nguzo Saba, the Seven Principles, the matrix and minimum set of values which African people are urged to live by in order to rescue and reconstruct their lives in their own image and according to their own needs.

Kikombe cha Umoja (The Unity Cup): This is symbolic of the foundational principle and practice of unity which makes all else possible.

Zawadi (The Gifts): These are symbolic of the labor and love of parents and the commitments made

and kept by the children. The two supplemental symbols are:

Bendera (The Flag): The colors of the Kwanzaa flag are the colors of the Organization Us, black, red and green; black for the people, red for their struggle, and green for the future and hope that comes from their struggle. It is based on the colors given by the Honorable Marcus Garvey as national colors for African people throughout the world.

Nguzo Saba Poster (Poster of The Seven Principles)

Kwanzaa is a cultural holiday, not a religious one, thus available to and practiced by Africans of all religious faiths who come together based on the rich, ancient and varied common ground of their Africanness.

Kwanzaa was created in 1966 by Dr. Maulana Karenga, who is an author, scholar, professor and chair of the Department of Black Studies at California State University, Long Beach.

Uniforms...**from page 2**

appearance with different polyester and wool fabric blends.

Force Master Chief (SW/AW) Karen O’Connor, Naval Surface Force, U.S. Pacific Fleet, said she believes the design of the female uniform directly addresses issues brought up in the fleet-wide survey.

“The uniform survey showed that female Sailors were particularly concerned with the fit and design of their service uniforms,” said O’Connor. “I believe the over-blouse design has a more professional, streamlined look.”

The director of TFU said although each service uniform seems to address the concerns of the fleet, a test of how the uniforms will truly respond to the needs of Sailors can only be determined by a fleetwide wear-test and evaluation before being mass produced.

“We realize that there are Sailors out there who are eager to receive a year-round service uniform,

but we are determined to do this the right way and come up with a year round service uniform that our Sailors will appreciate,” Carroll said.

Fleet Master Chief (AW/SW) Jon Thompson, U.S. Fleet Forces Command, said the purpose of TFU is not about changing colors - it’s about addressing issues Sailors have faced for a very long time.

“The vision of Task Force Uniform is to give Sailors a cost-effective set of uniforms presenting a professional appearance, recognizing naval heritage, and offering versatility, safety, ease of maintenance and storage, utility and comfort,” said Thompson. “These uniforms were designed to do exactly that.”

The fleetwide wear test scheduled to begin this winter will be conducted at commands around the world and across the spectrum of different climates. A total of approximately 550 participants, both male and female, will wear-test these concept uniforms among each of the following commands/locations:

- Center for Naval Leadership, Little Creek, Va.
- Center for Naval Leadership, Coronado, Calif.

- Commander, Fleet Activity Yokosuka, Yokosuka, Japan
- Commander, Fleet Air Mediterranean, Naples, Italy
- Commander, Naval Forces Japan, Yokosuka, Japan
- Commander, Pacific Fleet, Pearl Harbor, Hawaii
- Naval Air Technical Training Center, Pensacola, Fla.
- Naval Personnel Command, Millington, Tenn.
- Naval Submarine School, New London, Conn.
- OPNAV, Washington, D.C.
- Training Support Center, Great Lakes, Ill.
- U.S. Fleet Forces Command, Norfolk, Va.

Issues with dress uniforms, as well as service uniforms for E-7 and above, will be addressed later to see if any future changes are needed. For more information about Task Force Uniform, or to view or download photos, visit <www.news.navy.mil/local/tfu>.

For related news, visit the Task Force Uniform Navy NewsStand page at <www.news.navy.mil/local/tfu>.

Shogun Cafe

Christmas Dinner Buffet
Saturday, Dec. 25, 2004
3:30 p.m. - 5:30 p.m.

Cream of Broccoli Soup Steamship Round of Beef
Roast Ham Au Jus (Natural Gravy)
Pineapple Raisin Sauce Snowflake Potatoes
Marshmallow Sweet Potatoes Simmered Green Beans
Corn-on-the-Cob Relish Tray
Asst’d Fresh fruits
Dinner Rolls Banana Bread Cheese cake
Tossed Green Salad Stuffed Celery Sticks
Pecan Pie Christmas Day Cake
Eggnog Hot Coffee Iced Tea Milk
Fruit Punch

Tickets for military dependents and civilians on sale Dec. 15-17. Tickets for both military dependents and civilians are limited to 100 only.

Tickets for military dependents only on sale \$5.40 (free for children under 5 years old)

No food take-out except for personnel on duty.
Tickets are not required for active duty military.

Religious Ministries announces ‘Parish Pantry Program’

The CFAS Religious Ministries Department is pleased to announce the launching of a new community family support program. The title of this new program will be “The Parish Pantry Program,” and its purpose is to provide limited financial support to eligible active duty and civilian families of our community in need of assistance in purchasing food and home care items. This will be an ongoing program, and not just available during the holiday period.

Through the thoughtfulness and generosity of the members of both the Community Chapel and Hario Village Chapel, \$25 gift certificates valid at the CFAS Commissary facilities are now available through the Command Chaplain’s Office. Families provided this support must be eligible to shop at the commissary.

Referrals for providing this support may be made to any of the CFAS Chaplains through offices located at main base (252-3380) and Hario Village (252-8949). It is requested that commands and organizations making such referrals *do so through their financial counselors or other appropriate leadership* to ensure that each family’s situation has been carefully reviewed and referrals to the Parish Pantry Program are based on demonstrated need.

Based on demonstrated need, each Chaplain will have the discretion to grant more than one gift certificate per family on a case-by-case basis. To facilitate accountability in administering this program, a confidential log will be maintained by the Command Chaplain listing the names of the families assisted, date assistance was rendered, their sponsoring command or organization, and the number of certificates awarded.

Your assistance is needed to make this program available to our families who need this support.

Please disseminate information about this new program as may be appropriate in your command or organization. Thank you.

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SPOUSE SURVEY
on licensing and certification issues
<http://www.military.com/survey/spouse>

Data collected will assist spouses with licenses/certifications in their future employment.



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Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G @ 252-8454.

VITA WANTS YOU.

**Deadline for
submissions is Tuesday
at Noon**



Fleet Gym 252-3588

Hario Gym 252-8691

Runners give their all at 5k run



Fleet Activities Sasebo (CFAS) held a Drinking and Driving Awareness 5k run/walk Friday, Dec. 10. A runner from Branch Dental (left) finished first with a time of 18:41, and a member of CFAS security finished first in the female division with a time of 21:38. "It couldn't be a more gorgeous day to be out running," the male division winner said following the race. (Official U.S. Navy photo by JOSN Jeff Johnstone)



A pair of runners cross the Albuquerque Bridge around the mid point of the course during the Drinking and Driving Awareness 5k run. The race began at Nimitz Park. CFAS personnel could opt to run or walk the either 3k or 5k course. (Official U.S. Navy photo by JOSN Jeff Johnstone)

Fitness Tip: Out with the old, in with the new

Alec Culpeper
Fitness and aquatics director

The New Healthy Eating Pyramid also points out that not all fat is bad. Trans fatty acids and saturated fats are unhealthy because they can adversely effect blood cholesterol levels and increase the risk of heart disease. It also recommends that Americans should be eating more servings and a variety of fruits and vegetables. Doing so can decrease the risk of heart attack, stroke, protect against cancer as well as certain intestinal and eye diseases. The new pyramid advocates that Americans consume fewer dairy products. It says that adults need one to two servings of calcium-rich foods or a calcium supplement each day. There is more emphasis on fish, with red meat limited in its recommendations for consumption. Fish is a rich source of the essential omega-3 fatty acids, which have been shown to be beneficial in the prevention and treatment of heart disease and stroke. Daily exercise and weight control are found at the base of the new Healthy Eating Pyramid. Exercise is the foundation that lies beneath all nutrition recommendations. Bottom line — a lifestyle that includes regular exercise, weight control and awareness of the types of foods being consumed is the key to optimal wellness and the prevention of diseases.

Flag Football Standings (as of Dec. 14, 2004)

Rank	Team	Win	Loss
1	Dragons	12	0
2	Hooligans	4	5
3	Seabees	3	5
4	Guardian	3	3
5	Fort Mac	2	6
6	Wolf Pack	3	3
7	Hitmen	1	6

Winter Basketball Standings (as of Dec. 14, 2004)

Rank	Team	Win	Loss
1	Wolfpack	1	0
2	Outlaws	1	0
3	Showtime	0	1
4	Guardian	0	1

Wrestling club holding exhibition meet

The Sasebo Wrestling Club is looking for wrestlers between the ages of second grade and junior high school to compete in their Exhibition Meet on Jan. 8, 2004 at E.J. King High School. Wrestlers will be grouped according to weight. For more information contact Rusty Fitzwater at 090-4989-7456.

The Sasebo Wrestling Club meets the third Thursday of the month at 5 p.m. in the SRF Conference Room. The Club is open to all former wrestlers, current wrestlers and those interested in learning! For more information call 090-4989-7456.

Ambassadors coming to Sasebo Dec. 18

The Harlem Ambassadors Basketball Exhibition Camp/ Game is Saturday, Dec. 18 at the Fleet Gym. The Youth Basketball Camp is from 9 a.m. - 11:30 a.m. at the Hario Fitness Center. The adult basketball exhibition game begins at 6 p.m. at the Fleet Gym. Youth and adults are encouraged to come watch the Harlem Ambassadors compete against your very own CFAS All-Star Basketball team! Autograph session to follow. Take this opportunity to cheer on the Sasebo Eagles

basketball team!
Sorry, no video recorders allowed.



Upcoming Sports

Snow Bowl Flag Football Tournament:
Saturday, Dec. 18, Nimitz Park, first game begins at 9 a.m. NIRSA rules will govern this flag football tournament. Team Entries due to the Fleet Fitness Center by Dec. 14. Awards will go to the top 3 teams along with individual awards for the Championship team, MVP and Sportsmanship.

Santa's Reindeer Gift Exchange 4K run:
Tuesday, Dec. 21, at 11:30 a.m. Nimitz Park USO Simply bring a wrapped gift (max value \$10) and place it under the tree. Participants will pick the wrapped

gift of their choice following the run according to order of finish.

New Years Resolution 5K Run/3K Walk:
Saturday, Jan. 1
Race starts at 11:30 a.m., in front of the USO in Nimitz Park. Awards will be given to the top finishers in each division (Youth, & Adult). Fun Run Events are open to runners and walkers of all ages. Pre-register at the Fleet Fitness Center or sign-up prior to event. For more information call the Fleet Fitness Center at 252-3588.

